

Homemade Applesauce

Cook time: 30 minutes

Makes: 8 Servings

Ingredients

5 apples, medium

1/2 teaspoon cinnamon

1/2 cup water

brown sugar (optional)

Directions

1. Wash the apples.
2. Peel, core, and quarter the apples.
3. Cut the apples into small sections (children may do this using a butter knife).
4. In a medium pot, combine the apples, cinnamon, and water.
5. Cover pot, and cook apples over medium heat until they come to a boil. Then simmer over low heat until the apples test tender when you stick them with a fork, about 20-30 minutes. Stir the apples a few times; adding more water if they cook dry.
6. Beat the tender cooked apples smooth with a spoon.
7. Serve applesauce warm or cold with a sprinkle of brown sugar if desired.
8. Enjoy!

Notes

Serving Size: 1/2 cup